The Center gives people of all faiths, backgrounds, and ages the space to dream, grow, and become fully alive—physically, mentally, emotionally, and spiritually.

For The Sake of The Children

One evening an old Cherokee told his grandson about a battle that goes on inside people. He said, "My son, the battle is between two 'wolves' inside us all.

"One is Evil. It is anger, envy, jealousy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego.

"The other is Good. It is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion and faith."

The grandson thought about it for a minute and then asked his grandfather: "Which wolf wins?"

The old Cherokee simply replied, "The one you feed."

As we deal with the consequences of an unprecedented pandemic, the eruption of social unrest as systemic racial inequality comes into full view, economic hardship, and devastating personal loss, we can either be dragged down by the energies of fear, anger, blame, superiority, and ego…or…we can acknowledge what we are feeling and use those energies to reach beyond our personal pain and work for good of all. But that will mean that we must open our minds as well as our hearts.

I have heard that in some parts of Africa, people greet each other with the phrase: “How are the children?” It is believed that if the children are well, then the whole village is well. I think we can all admit that American children are struggling. Children are experiencing increased levels of depression, loneliness, and anxiety. Every issue that affects adults affects the children. Everything we complain about, they are experiencing as well. Yet, because we are affected by so many issues all at the same time, adults barely have enough time or energy to be there and help the children as they struggle to grow, to learn, to live.

This must change.

For the sake of the children, we adults must be determined to solve our problems for the good all, not just for the privileged few. For the sake of the children, we must be determined to live lives of kindness, integrity, and authenticity. For the sake of the children we must be models of truth telling in all circumstances so that trust can be the foundation of our personal lives and our society. For the sake of the children we must show concern for our home planet, so that they will actually have a planet to call home. For the sake of the children, we must hold Love, Compassion and Forgiveness as the highest of all human values. And we must do this now. For the sake of all our children.

Peace!

Chris Hopkins
October Offerings

**Meditation**, Tuesday evenings from 5:30 p.m.- 6:00 p.m.
In the midst of the turbulence of our world, please join us for a 20 minute silent sit each week.

**Loving-Kindness Meditation**, (Metta), every Monday from 9:00 a.m.-9:30 a.m.
Metta includes a silent meditation, but it is primarily a group prayer (don’t forget your mask!) for peace in the world beginning with ourselves. Questions may be directed to Chris Hopkins, 708-361-3650

**Sunday Service**, every Sunday at 8:30 a.m.
Reminiscent of the early house churches, this gathering meets in the Forest View Room (chairs are 6ft. apart) and incorporates meditative music, silence, prayer, the Scripture reading for the day, and a reflection on the reading. All are welcome!

**Vespers in the Great Hall of the Lodge**, every Sunday at 12:30 p.m. & 4:30 p.m.
Each week we gather for a nondenominational service of prayer, music and meditation. Following the guidelines of the CDC and the state of Illinois, we meet in the air-conditioned beauty of the Great Hall in the Lodge in chairs placed 6ft apart. Please wear your masks!

**Communion Sunday**, October 4th at 8:30 a.m., 12:30 p.m. & 4:30 p.m.
On the first Sunday of each month (except December) Communion is offered at all of our services. Please be aware that safety measures are being taken for the health and well being of all. As always, we offer a non-alcoholic cup & gluten free bread. Truly indeed: ALL ARE WELCOME!

**Family Service Sunday**, October 18th at 10:00 a.m.
Please join us as we gather outdoors behind the Lodge on the west side of Southwest Highway for this family friendly service.

**Mindfulness**, Sunday mornings from 11:00 a.m.-12:00 p.m.
Mindfulness: the practice of being present to what is with kindness and curiosity. We gather to meditate and to reflect upon one aspect of meditation and/or mindfulness. We spend some time offering each other support and encouragement in our quest to actually be present in our lives. Seating is limited to 12. Therefore, registration is required by calling or emailing Dan Morley at: 708-208-3945.

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Classes and workshops for adults and children in fine arts and folk arts
All students and teachers must wear masks in our art classes to keep each other safe and class sizes will be limited dependent on classroom size. We have plenty of picnic tables outside the art center for students to work outdoors as well!

**October Art Classes for Children**

LOG CABIN ART FOR KIDS Instructor Heaven Newsom
Three Saturdays starting October 10, 9:00 – 10:00 a.m. or
Three Tuesdays starting October 13, 4:00 – 5:00 p.m. Class fee $30 plus a $5 materials fee
Students will learn techniques in painting and drawing as well as fun craft projects.
October Schedule of Art and Yoga Classes for Adults

Teens are able to register for most adult classes, please inquire with interest

GENTLE YOGA CLASSES: Instructor: Carolyn Harms

Four Tuesday evenings, beginning October 27, 7:00 - 8:15 p.m.
Four Thursday evenings, beginning October 29, 6 - 7:15 p.m.
Four Friday mornings, beginning October 30, 10:30-11:45 a.m.

Class fee: $48 for each 4-week session

Gentle Yoga classes are a great place to take it slower and still experience all the benefits of yoga. Classes focus on releasing tension, connecting with the breath and helping students gain strength and flexibility. Gentle Yoga uses classical hatha postures with slight variations to accommodate all levels of yoga students. Tuesday class is held in the Great Hall of the Lodge and Thursday and Friday Classes are held in the Forest View Room of the Main Lodge. Pre-registration required.

INDIVIDUAL SEWING PROJECTS: Instructor: Chris Walsh

Three Thursday nights starting October 8, 6:00 – 8:00 p.m.  Class fee: $60

Do you have a sewing project in mind but don’t know where to start? Sign up for this three-part sewing project class. On the first day the instructor will advise you on supplies needed to start your project. The following two weeks will be in completing your sewing item under instructor guidance.  (Sewing item suggestions: simple garnet, table runner, tote bag or a purse)

LAPIDARY: Instructor: Larry Rothenberg

Six Monday mornings beginning November 2, 9:00 -11:00 a.m. or
Six Monday afternoons beginning November 2, 11:00 a.m. – 1:00 p.m.

Class Fee: $135 per class session

Turn rough hunks of rock into beautifully polished gemstones. Create a pair of round or oval stones, and then advance to more complex designs. Stones can be purchased from our instructor for projects.

METALSMITHING FOR JEWELRY: Instructor: Mary Michaelson

Six Tuesday nights, beginning October 27, 6:30 – 8:30 p.m.  or
Six Wednesday mornings, beginning October 28, 9:30 – 11:30 a.m.

Class fee: $115 plus a $35 materials fee

By working with silver, copper or brass students can create either a silver ring or pendant. Learn the basics of metalsmithing such as sawing, filing, sanding and soldering. Advanced instruction will be given to continuing/advanced students.

OIL PAINTING: Instructor: Arlene Tilghman

Four Friday mornings starting October 30, 9 – 11:30 a.m.  Class fee: $95

Learn the technique of oil painting in this open studio class for students with all levels of experience. Painters will work on their own independent project with guidance from the Instructor. Demos on various topics plus instruction in composition and color will be offered. Supply lists available at registration for both beginners and experienced painters.
STAINED GLASS, Instructor: Harry Meneghini
Four Thursday nights starting October 15, 6:00 – 8:00 p.m. Class Fee: $100
Create beautiful stained glass pieces, by learning the principles of glass design and color and the techniques of cutting and soldering, using both lead came and copper foil to join the pieces of glass. Start with simple projects, and eventually design your own windows, pictures, and lamps. A list of supplies which will need to be purchased will be distributed the first day of class.

WATERCOLOR PAINTING, Instructor: Lenox Wallace (www.lenoxwallace.com)
Six Wednesday nights beginning October 21, 6:30 – 9:00 p.m. Class Fee: $142
Structured lessons for beginning watercolorists with critique and guidance in composition, values, textures, negative painting, brush stroke usage, and more, while experienced painters work individually with occasional guidance and critique. List of required supplies available in office.

WOODCARVING, Instructor: Larry Rothenberg
Six Thursday mornings beginning Thursday November 5, 9:00 –11:00 a.m. Class Fee: $115.
Learn and practice the tools and techniques of woodcarving using a variety of types of wood. Create beautiful animals, objects, and faces. New students will make 3-6 projects such as a bird, a shoe, an egret, and miniature people. If you're experienced, you may design your own projects. Wood and bench knives are available for purchase in class (approximately $25 for wood and bench knives)

Workshops

ART AND JOURNALING FOR SELF CARE, Instructor: Karen Signore
Saturday, November 7, 1:00 – 3:30 p.m. Workshop fee: $25
Through guided meditation, collage and whole brain journaling exercises you will reflect on your self-care practices and beliefs and learn creative tools to connect with your heart’s wisdom to gain insights and create a visual affirmation for relevant self-care and support. No art or journaling experience needed.

CORN HUSK WREATHS, straight from the farm!, Instructor: Lois Lauer
Monday, September 28, 1-2:30 p.m. Class fee $17 plus $8 materials fee
Make a delightful cornhusk wreath for your front door, wall, or perhaps to use as a centerpiece on your table. It’s a fun and simple procedure and we’ll decorate the wreaths with autumn-themed bows. (Those who wish to help gather corn husks at the farm at 11 am, should indicate their intention when they register.)

BOIL, BOIL, TOIL AND WITCHES BROOMS AND TEA! Instructor: Lois Lauer
Monday, October 5, 1 – 2:30 p.m. Class fee $17 plus $8 materials fee. We’ll begin by making stick and grass witch’s brooms with autumn-colored bows for your front doors or use as wall decorations. Then we’ll mix up magic sachets of herbs to cast protective spells and some tea bags of our famous Witch’s Tea. Easy, witchy projects. Cackle cackle! (Those who wish to help gather grasses at the farm at 11 am, should indicate their intention when they register.)

FENCEPOST WITCHES! Instructor: Lois Lauer
Monday, October 12, 1-3 pm  Class fee: $22 plus $12 materials fee
Using sawed off fence posts, paint, sticks, and black felt, we’ll be creative and produce delightful witches, for your front porch, hearth, or wherever you’d like a little Halloween charm. Your choice: create a friendly witch or a spooky one!
BODY AWARENESS YOGA AT THE LABYRINTH, Instructor: Debbie Jacob
Meets every Saturday morning in October 9:00 – 10:00 a.m. Class fee: $15
Learn what your body needs to sink deeper into your poses, through Body Awareness Yoga. We will be exploring mantras, mudras, body scans, natural movements and postural transitions. Join us at The Center’s Labyrinth for a morning of Yoga outdoors! Payments will be taken by the instructor that morning, please bring exact cash. In the event of rain and harsh weather class will be canceled.

CHRISTMAS SWAGS, Instructor: Lois Lauer
Monday, November 30, 1:00 – 2:00 p.m. Workshop fee: $12 plus a $8 materials fee
Meeting on the lawn of the art center: outside, distanced and masked, we’ll bundle a variety of fresh evergreen fir, cedar and pine branches into a swag for your front door, decorated with pine cones and a bright Christmas bow.

INTRODUCTION TO ESSENTIAL OILS, Instructor: Carolyn Harms
Saturday, October 10, 1:00 – 3:00 p.m. Workshop fee: $25
Learn the basics of essential oil use with an emphasis on immune health for the upcoming fall/winter weather. Lots of information and samples to share!

GONG BATH, Facilitator: Debbie Jacobs, Vibrational Sound Therapy Certified Practitioner
Sunday nights, October 11 and 25, 6:00 – 7:00 p.m. Fee: $20 per night
Spend an evening immersed in the serene sounds and vibrations of the gong, accompanied by singing crystal and Tibetan bowls. Relax on your yoga mat and allow these ancient healing sounds and vibrations to wash over and through your body to deepen your state of relaxation. Don’t forget to bring your yoga mat, pillow and blanket to maximize your relaxing experience.

GRATTITUDE TREES, Instructor: Lois Lauer
Mon Nov. 9, 1:00 – 3:00 p.m. Class fee $22 plus $6 materials fee
Meeting on the lawn of the art center: outside, distanced, and masked. We’ll collect a jarful of pretty branches to create a Gratitude tree, adorned with copper and brass wire, sparkling beads, and a few modge-podged autumn leaves to represent our gratitude. Participants are asked to bring some beautiful colored leaves they have pressed in a book for a few days before class. A fun and meaningful way to prepare for Thanksgiving.

HARVEST THEMED PAPERMAKING WORKSHOPS, Instructor: Marilyn VandenBout
Saturday, October 24, 10:00 a.m. – noon or Tuesday October 27, 6:00 – 8:00 p.m.
Workshop fee: $22 plus a $5 materials fee per class
Learn to make paper with cooked fibers added to recycled pulp, pressed into molds to make sculptural effects. Handmade papers can be framed or used in other art projects.

IMAGE TRANSFER WORKSHOP, Instructor: Barb Thompson
Saturday, October 10, 10:00 a.m.- noon Workshop fee: $22 plus a $5 materials fee
This workshop explores the possibilities of transferring images onto various surfaces. Participants are asked to bring their own Xerox copy(s) of an original artwork or photo (images with words need to be reversed using the mirror image setting on the machine).
PAINTING WORKSHOPS! Instructor: Heaven Newsom
Painting Workshops for artists of all ages. Heaven will show you step by step how to create these fun paintings, all materials provided. Students ages 11 and under must be accompanied by an adult who is also registered. Workshop fee: $16 plus a $5 materials fee, per class

THANKFUL WREATH, Saturday, October 10, 11:00 a.m.-12:30 p.m.

BLOOD MOON, Saturday, October 17, 11:00 a.m. – 12:30 p.m.

PUMPKIN, Saturday, October 24, 11:00 a.m. - 12:30 p.m.

SEWING MACHINE BASICS WORKSHOP, Instructor: Chris Walsh
Wednesday October 7, 1:00 – 3:00 p.m. Workshop fee: $22
Do you have a sewing machine at home but don’t know how to use it, or have questions on becoming more familiar with your machine?? Join us as we go through the threading process, what threads to purchase, when and how to change the machine needle, bobbin winding, stitch selection and use of accessories that come with your machine. Bring your sewing machine and a pair of scissors.

PAPER-MACHE SCULPTURE WORKSHOP, Instructor: Barb Thompson
Saturday, October 17, 10:00 a.m.- noon Workshop fee: $22 plus a $5 materials fee
This workshop focuses on the technique of pasting papers on a form to create a three dimensional figure.

WIRE WRAPPING WORKSHOP, Instructor: Jeremy Mazurek
Sunday, October 25, 1:00 – 3:00 p.m. Workshop fee: $22 plus a $5 materials fee
Choose from Rose Quartz or Mother of Pearl polished stones and learn the steps for basic wire wrapping.

YOUR INNER SANCTUARY, Instructor: Karen Signore
Saturday, October 3, 10:30 a.m. – 12:30 p.m.
Workshop fee: $30 plus a $10 materials fee
Through guided meditation, breath work, intuitive painting and collage, along with whole brain journaling techniques you will gain creative tools for cultivating inner peace, refuge and listening to your wise inner voice. No art or journaling experience needed.

Pre-registration is required 24 hours in advance for all Log Cabin classes and workshops. Class and materials fees are due at time of registration; we cannot reserve space without payment. No refunds or transfers of fees are available for cancellations made less than 24 hours prior to the beginning of class. To register for a workshop, you can stop in our main office or call 708-361-3650 between the hours of 9:00 – 5:00 You can register for our ongoing classes online now at https://thecenterpalos.org/upcoming-art-classes/!
October Luncheons...

Every Tuesday at The Center, we have a delicious luncheon followed by an enlightening program on a variety of subjects. **Luncheon cost $25.75.** Please make reservations by the Sunday before the luncheon. Payment is required at the time of reservation. **Register online at [https://thecenterpalos.org/luncheons/](https://thecenterpalos.org/luncheons/**)

October 6 Oktoberfest with Glenn Ellison & The Deutsch Meisters
Celebrate Oktoberfest at the Center on Tuesday, October 6th with the Deutsch Meisters band. The Group has been performing since the late 1960’s. They play all the traditional German/Polish Oktoberfest music, and it's sure to be a rousing afternoon!

October 13 Jenny Riddle is Vivian Maier “Out of the Shadows”
In this dramatic book review, Jenny Riddle portrays Chicago street photographer, Vivian Maier, the North Shore nanny whose remarkable gift for photography has, posthumously, taken the world by storm. Based on the extraordinary book, “Vivian Maier: Out of the Shadows” by Richard Cahan and Michael Williams, Jenny, in character, reveals the fascinating details of this story of “buried treasure” and one woman’s private passion and genius for photographs.

October 20 “Travel Tales” with Marilyn Rea Beyer
Join the host of WFMT's "The Midnight Special," Marilyn Rea Beyer, as she returns to The Center to share, in her words, the “saga of Chicago-to-California road trips with my dad Augie and mom Wilma Rea. Dad was always up for adventure, if you could drive there. Bed bugs in the motel? 'Keep driving!' Ghost town? 'Let's go!' Opium den? 'Look fast!' Mojave Desert? 'We've got water' And he didn't mind getting lost as long as we were 'headed in the general direction.'" Marilyn’s tales will also include a spooky story for Halloween!

October 27 “The Ghost Army” with Rick Beyer
NYT best-selling author and filmmaker Rick Beyer will be on hand to discuss the book “The Ghost Army of World War II,” which he co-wrote with Elizabeth Sayles, and his PBS documentary “The Ghost Army,” both of which detail the fascinating story of a top-secret WWII unit that used inflatable tanks, sound effects, and illusions to fool the Germans on the battlefields of Europe. Rick also leads Stephen Ambrose Historical Tours in the US and Europe and co-hosts their History Happy Hour live-stream show Sundays at 4PM (Eastern).

Please note: the final two luncheons in October feature presentations by the distinguished husband-and-wife team, The Beyers, a first for The Center!

Christmas Wreaths

Please order by October 26
Once again we are providing beautifully handmade balsam fir wreaths with red velvet bows to make your home merry for Christmas. Wreaths are available in 4 sizes: 24, 36, 48, and 60 inches which cost $22, $33, $44, and $55. You can order the wreaths through The Center's main office. Pick up will be Nov. 27 & 28 at the farm, or by arrangement.
Farm and Nature School

We began our 4-week pre-fall school on August 17th. So far it has been great. The kids are wearing their masks properly and the parents are being very diligent and supportive. The staff and I have spent lots of time planning and figuring out how we can be at school with all the guidelines and keeping everyone safe. We have really pulled together to fashion a great program and the teachers are doing a great job with outdoor learning, despite the hot weather. This pre-fall class is also a great way for us to work the bugs out before the entire school comes together.

And as I write this, our kindergarten through third grade has just begun. Today the social distancing rules are being taught and the kids are beginning to learn a whole new way of being in school. Despite the guidelines, every one of these kids seems super excited to be in school, with their friends and making new friends.

Our regular preschool begins Monday, September 14th. We did cancel our open house but the teachers are making videos that we will be sharing with parents. Our hope is first to be safe and keep school open and to give kids the adventure and learning back to normal. There are spots available for preschool. Please call 361-8933 if interested or email me at farmandnature@thecenterpalos.org.
Thank you for continuing to support our efforts. Please stay safe!

The Center Staff

October on the farm...
In an effort to make Fall farm visits safe and accessible to all, we have a modified farm schedule for 2020. We are offering increased public visiting hours, as well as

**Semi-Private Tours for Small Groups**
Perfect for small family groups, individuals, grandparents/children, babysitters, etc.
Reservation times available Monday - Wednesday, 12:30pm & 2pm
1-Day Advanced Reservation Required
Online Registration & Payment
$12 per person
Includes guided farm tour, hayrack ride, take home pie pumpkin, Haunted Hay Tent & Spooky Woodshed access

**(Once Pumpkin Playland opens)**

**Guided Tours for Groups of 12 or more**
Perfect for schools, daycare programs, camps, moms groups, etc.
Reservation times available Monday - Wednesday, 9:30am & 11am
7-Day Advance Reservation Required
$9.75 per person, One Free Chaperone for every 10 paid children
Includes guided farm tour, hayrack ride & take home pie pumpkin

**Christmas Wreaths from the Children’s Farm**
Balsam Fir handmade wreaths with red velvet bows

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<td>24” door</td>
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<td>48” house</td>
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Pick up at the farm: Friday Nov. 29th or Saturday Nov. 30th 10 am – 2 pm or by arrangement:

Please order by Oct 26th. After that, call about availability: 708-361-3650

**Christmas Wreath Order Form**

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Please make checks payable to The Center

The Center 708-361-3650 www.thecenterpalos.org
12700 Southwest Hwy email: thechildrenfarm@THECENTERPALOS.ORG
Palos Park, IL 60464 Receipt #
Calling all willing volunteers…

Educational Farm Tour Guides, Hayrack Drivers, Pumpkin Sellers, Hotdog Grillers, Cashiers, Greeters, Animal Guides – You name it and we need it! With our Fall Season Upon us, The Children’s Farm is approaching our busiest time of year. We are ready to give children and families a safe, out of doors, Fall experience but we need your help. Please consider donating some of your time this year as any and all help will be greatly appreciated! We are open for business every day during October and need dozens of volunteers daily. If you think you can assist in anyway, please call for more information! Volunteers must be 13 years of age and older. Thank you in advance and Happy Fall!
Pumpkin Days
Grand Opening Weekend

September 26 & 27
10AM-4PM
$8 Per Person

Hayrack Rides
Pumpkin Patch
Live Music
Food Concessions
Open Animal Barns
Spooky Woodshed
Haunted Hay Tent
Vendors

Complimentary Pumpkin Painting for first 200 children each day!

12700 Southwest Highway * Palos Park
TheCenterPalos.org
708-361-3650
PUMPKIN DAYS 2020

In an effort to make Fall farm visits safe and accessible to all, we have a modified farm schedule for 2020. We are offering increased public visiting hours, as well as the option for small group and large group tours by reservation. We will continue to be in compliance with all state and CDC guidelines regarding social distancing, wearing masks, and increased sanitation so check out our new schedule and plan a Fall Farm Visit!

Please visit https://thecenterpalos.org/farm/ for complete Fall Farm Schedule!

Pumpkin Days & Open Farm

Thursdays – Sundays
Plus, Columbus Day (October 12th)
10AM-4PM

Admission Fee $8 for everyone ages 2 and up
Barn tours & Petting Farm
Spooky Wood Shed
Haunted Hay Tent
Hay Rack Rides
Food Concessions
60 Acres of Mapped Walking Trails

You-Pick Pumpkin Patch
(Patch only, No Barn or Farm Admittance)
Free Admission!
Thursdays – Sundays
10am-4pm

Offering a variety of pumpkins, gourds, mini pumpkins, carving tools, straw bales, corn stalks, local honey, & more!